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National Institute for Health and Clinical Excellence

Quick reference guide

Computerised cognitive behaviour therapy for depression and anxiety (review)

NOTE: This guidance replaces Technology Appraisal Guidance No. 51 issued in October 2002.

The Institute reviews each piece of guidance it issues.

The review and re-appraisal of the use of computerised cognitive behaviour therapy (CCBT) for depression and anxiety has resulted in a change in the guidance. In 2002, CCBT was not recommended. In this new guidance two CCBT packages have been recommended: Beating the Blues for the management of mild and moderate depression and FearFighter for the management of panic and phobia.

1 Guidance

This review concerns five specific packages for the delivery of computerised cognitive behaviour therapy (CCBT) accessed via a referral from a general practitioner (GP): three for depression (Beating the Blues, COPE and Overcoming Depression), one for panic/phobia (FearFighter) and one for obsessive-compulsive disorder (OCD) (OCFighter, previously known as BTSteps).

This guidance should be read in the context of the clinical guidelines on depression, anxiety and OCD.

- 1.1 Beating the Blues is recommended as an option for delivering cognitive behaviour therapy (CBT) in the management of mild and moderate depression.
- 1.2 There is insufficient evidence to recommend the use of COPE and Overcoming Depression as a clinically or cost-effective option for the management of depression, except as part of ongoing or new clinical trials that are designed to generate robust and relevant data on the clinical effectiveness of these specific CCBT packages.

- 1.3 FearFighter is recommended as an option for delivering CBT in the management of panic and phobia.
- 1.4 OCFighter (previously known as BTSteps) is not recommended as an option for delivering CBT in the management of OCD.
- 1.5 People currently using OCFighter, whether as routine therapy or as part of a clinical trial, should have the option to continue on therapy until the person, or the GP and/or specialist, consider it appropriate to stop.

2 Implementation

This appraisal is supported by the following implementation tools available on our website (www.nice.org.uk/TA097):

- a national costing report, which estimates the overall resource impact associated with implementation
- a local costing template: a simple spreadsheet that can be used to estimate the local cost of implementation.

Suggestions for audit to measure compliance locally can be found in the full guidance (see 'Further information').

Technology Appraisal Guidance 97

This guidance is written in the following context

This guidance represents the view of the Institute, which was arrived at after careful consideration of the available evidence. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. This guidance does not, however, override the individual responsibility of healthcare professionals to make appropriate decisions in the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Further information

Quick reference guide

This has been distributed to healthcare professionals working in the NHS in England and Wales (see www.nice.org.uk/TA097distributionlist). It is available from www.nice.org.uk/TA097quickrefguide

For printed copies, phone the NHS Response Line on 0870 1555 455 (quote reference number N0979).

Full guidance

This contains the following sections: 1 Guidance; 2 Clinical need and practice; 3 The technology; 4 Evidence and interpretation; 5 Recommendations for further research; 6 Implications for the NHS; 7 Implementation and audit; 8 Related guidance; 9 Review of guidance. The full guidance also gives details of the Appraisal Committee, the sources of evidence considered and suggested criteria for audit. It is available from www.nice.org.uk/TA097guidance

Information for the public

Information for people with depression and anxiety, their families and carers, and the public is available from www.nice.org.uk/TA097publicinfo

For printed copies, phone the NHS Response Line on 0870 1555 455 (quote reference number N0980).

Related guidance

For information about NICE guidance that has been issued or is in development, see the website (www.nice.org.uk).

Depression: management of depression in primary and secondary care. *NICE Clinical Guideline* No. 23 (2004). Available from: www.nice.org.uk/CG023

Anxiety: management of anxiety (panic disorder, with or without agoraphobia, and generalised anxiety disorder) in adults in primary, secondary and community care. *NICE Clinical Guideline* No. 22 (2004). Available from: www.nice.org.uk/CG022

Obsessive-compulsive disorder: core interventions in the treatment of obsessive-compulsive disorder and body dysmorphic disorder. *NICE Clinical Guideline* No. 31 (2005). Available from: www.nice.org.uk/CG031

Depression in children and young people: identification and management in primary, community and secondary care. *NICE Clinical Guideline* No. 28 (2005). Available from: www.nice.org.uk/CG028